
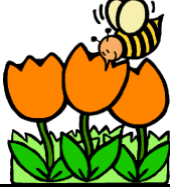




Columbia High School

Daily alternative entree choice: variety of subs, wraps, sandwiches and fresh salads



Monday	Tuesday	Wednesday	Thursday	Friday
		1) Hamburger or Cheeseburger Served on a wheat bun Glazed carrot coins Bush's baked beans Fresh fruit / light fruit cup Low fat or fat free milk	2) Turkey & Cheese Sub Served on a wheat subroll Sweet corn niblets Seasoned french fries Fresh fruit / light fruit cup Low fat or fat free milk	3) Murphy's Homemade Pizza Cheese or Buffalo Chicken Seasoned broccoli florets Roasted cauliflower florets Fresh fruit / light fruit cup Low fat or fat free milk
6) Macaroni & Cheese Steamed broccoli florets Fresh garden salad Campbell's bean w. bacon soup Fresh fruit / light fruit cup Low fat or fat free milk	7) Diced Chicken Nachos Served w. tortilla chips Lettuce, tomato, cheddar, salsa Black beans & corn w. red pepper Fresh fruit / light fruit cup Low fat or fat free milk	8) Breaded Pizza Crunchers Served with marinara sauce Sliced carrots Creamy cucumber salad Fresh fruit / light fruit cup Low fat or fat free milk	9) Turkey Ala King Served with a warmed biscuit Mashed potatoes Confetti corn salad Fresh fruit / light fruit cup Low fat or fat free milk	10) Fabulous Fish Sandwich Served on a wheat bun Seasoned sweet potato fries Bush's baked beans Fresh fruit / light fruit cup Low fat or fat free milk
13) Hot Dog served on a wheat bun or Corn Dog Steamed Italian vegetable medley Homemade coleslaw Potato chips & pickles Low fat or fat free milk	14) Toasted Cheese Sandwich Served on wheat bread Creamy tomato soup Seasoned broccoli florets Fresh fruit / light fruit cup Low fat or fat free milk	15) Taco Salad Served w. tortilla chips Lettuce, tomato, cheddar, salsa Cheesy refried beans Fresh fruit / light fruit cup Low fat or fat free milk	16) Tyson's Chicken Nuggets Vegetable rice pilaf Carrot & Celery Sticks w. 1oz ranch Bush's baked beans Fresh fruit / light fruit cup Low fat or fat free milk	17) Tony's Stuffed Crust Pizza Fresh tossed salad Sweet corn kernels Sliced carrot coins Fresh fruit / light fruit cup Low fat or fat free milk
20) Penne Pasta & Meatballs Steamed broccoli florets Creamy cucumber salad Fresh tossed salad Fresh fruit / light fruit cup Low fat or fat free milk	21) Tyson Popcorn Chicken Bowl Served w. herbed rice pilaf Sweet corn kernels Bush's baked beans Fresh fruit / light fruit cup Low fat or fat free milk	22) Turkey BLT Wrap Served w. lettuce, tomato & bacon Zesty French fries Savory sliced carrots Fresh fruit / light fruit cup Low fat or fat free milk	23) Breaded Mozzarella Sticks Served with marinara sauce Marinated chickpea salad Italian style green beans Fresh fruit / light fruit cup Low fat or fat free milk	24) EMERGENCY SNOW MAKE-UP DAY NO SCHOOL
27) NO SCHOOL Memorial Day Recess	28) EMERGENCY SNOW MAKE-UP DAY NO SCHOOL	29) Garlic Cheese Breadsticks Served with marinara sauce Bush's baked beans Fresh assorted garden salads Low fat or fat free milk	30) Chicken & Broccoli Alfredo Steamed sweet peas Savory sliced carrots Fresh fruit / light fruit cup Low fat or fat free milk	31) Murphy's Homemade Pizza Zesty corn niblets Steamed broccoli florets Fresh fruit / light fruit cup Low fat or fat free milk

Breakfast price \$2.25 daily

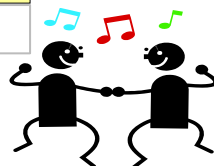
Lunch price \$3.25 daily

Reduced price meals: Lunch \$.25 daily - Breakfast \$.25 daily

A la carte milk \$.60 | A la carte fruit or veggies \$.80

All meals meet the Whole Grain requirements

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..



EVERYONE CAN HAVE BREAKFAST

French Toast Sticks w. Syrup
Assorted Egg & cheese Sandwiches
English Muffins / Bagels
Milk/Fruit/Juice



DAILY ALTERNATIVE ENTREE CHOICES

* **Made-to-order wraps**

* **Fresh made salad with choice of topping, Breadstick & Dressing**

* **Fresh made subs & wraps to "grab & go"**